



Liver and Kidneys Diseases

Written by: Syed Mustafa Kazmi

DEDICATION:

We are thankful to the Almighty Allah that he has given us the opportunity to share Tib e Ahlebait with moumineen and Mominat as well as the whole world. We are gifting this struggle to the mother of Imam Hassan (A.S) the beloved daughter of Prophet Mohammad (P.B.U.H) and the wife of Imam Ali (A.S). We also gift this to Imam al Mehdi (A.S). May Allah give us more Tofeeq to spread Tib e Ahlebait everywhere to fulfill our promise with Imam Mehdi (A.S) may Allah accept this struggle, God willingly. We request all Moumineen and Mouminat to pray for us in order that we can spread Tib e Ahlalbayt around the world, God willingly.

In the name of Allah, The all beneficent, The all merciful.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

اَللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ وَاجْلِدْ فَرَجُونَ

content

Topic page no

Kidneys diseases

Causes of kidneys diseases-----	5
Kidney stone-----	12
Swelling and dark circles under the eyes-----	13
Dialysis-----	14
Gallstones treatment-----	17
Kidneys stone-----	20

Liver diseases

Cysts between kidney and liver-----	23
Ascites-----	28
Treatment for all types of liver diseases-----	30
Diabetes-----	30

Excessive thirst-----	35
Hepatitis-----	37
Hepatic cirrhosis, liver cirrhosis-----	40
Liver cyst-----	43
Fatty liver-----	45
Inflammation(swelling) of liver-----	47
Liver cancer-----	48
Spleen diseases	
Spleen tumor-----	51
Removing of spleen-----	54
Splenomegaly-----	55

Kidneys diseases:

Causes of kidney diseases:

- Diabetes
- Blood pressure
- Excessive medicine use
- Other diseases
- Heart attack

Symptoms:

- Loss of appetite
- Nausea and vomiting
- Swelling of feet and ankles
- Sleeping disorders
- pain in kidney
- pain and tightness in chest
- Burning urination (Dysuria)
- Black circles under eyes
- swelling or puffiness under the eyes

causes in Tib e sunati:

- *applying heat on the back
- *excessive coldness of the body

RAWAYATS:

In some narrations of ahlebait (a.s) it is saying that one should keep kidneys warm. Keeping them cold makes you sick and making them warm keeps you healthy.

Imam Ali (A.S) Said:

Sleeping in the bathtub with plenty of water in it causes kidney diseases.

(Mastadark al wasial vol1 page 379)

Treatment:

- Markab 4
- Walnuts + ajwain (carrom seeds)
- Senjed
- Cow's milk
- Melons
- Pistachios
- Applying Noora removes fat from the kidneys
- Lemon balm tea (tea of imam Ali A.S)

Imam Ali Raza A.S said:

Eating carrots keeps the kidneys warm.

(Asool Kafi vol 6 page 372)

Imam Jaffar Sadiq A.S Said:

Eating walnut with ajwain together keeps the kidneys warm.

(Makaram al akhlak page 191)

Imam Jaffar Sadiq (A.S) said:

Eating senjed keeps the kidneys warm.

(Asool e Kafi vol 6 page 361)

Imam Jaffar Sadiq (A.S) said:

Drinking cow's milk removes extra fat from the kidneys.

(Almahsan vol 2 page 393)

Imam Ali (A.S) said:

Eating walnuts in the winter keeps the kidneys warm. And eating them in the summer will cause heat rashes on the body.

(Almahsan vol 2 page 524)

Medicines of tibe ahlebait A.S:

- Markab 4 + Masakhan
- Jame imam Ali Raza (A.S)
- Daru e Masakhan
- Avoid any other medicines
- In case high blood pressure use **Daru e tabigh**
- Avoid drinking cold water

-Eat 2 Walnuts and one teaspoon of ajwain tighter

Kidney stones:

prophet Muhammad (S.A.W) said:

eat melons it destroys the kidney stones.

**Write Surah alamnashra with saffron on a glass and wash it with water then drink that water it will remove the bladder and kidney stones.

{(Almasbha kafami) page 460)

Puffiness under the eyes:

Causes:

causes can be the result of a **kidney** problem. If your body retains fluids, **bags** can accumulate **underneath** your eyes, especially when you are sleeping and not eliminating water. The excess fluid gets trapped **under** any loose skin with fat deposits.

Treatment:

-Daru e Maskhan

Thyroid and puffy eyes:

If thyroid gland is not working properly it can cause fluid to get trapped under the eyes and this causes the swelling of the eyes.

Treatment:

- Jame with water of marzenjosh (marjoram)
- Fish
- Sea salt

Dialysis:

Dialysis is a form of treatment required when the **kidneys are unable to function at full capacity**. To compensate for kidney failure, dialysis is needed to continue the process of filtration of waste from the body.

Treatment:

- Daru e Maskhan
- Markab 4
- Cupping on the both feet

Treatment with the Food:

- Walnuts plus ajwain
- Ginger
- Carrots
- Senjed
- Radish

-Pistachios

Gallstones treatment:

Imam Jaffar Sadiq (A.S) said:

Eat Muskmelons it cleanses the bladder and breaks the stone in it.

(Alkhasal page 252)

Symptoms:

- Yellow color of face, tongue and eyes
- Bitterness in mouth
- Itchy body
- Heat in the body
- Nauseas
- Vomiting
- Stomach aches
- Pain when breathing

-Pain in right shoulder or pain in the back

Treatment:

-Take 30 dates seeds boil them in water and then give that water to the patient the stones will be broken.

-Plums

-Chicory

-Lettuce

-Markab 3

-Asawaorn

-Markab 4

Jame +50-grams senna leaves once in three days. But you can use jame plus 2 grams saqmonia once in three days in some cases.

-Ahleej

-Bakala tu Fatima A.S

Precautions:

Avoid Things that have warm nature

Kidney stones:

Causes:

- Overeating
- Eating too much beef meat
- After intercourse not going to urinate
- Holding the urine

Symptoms:

- Pain in pelvis
- Burning urination

Treatment:

- Jame with radish extract
- Jame with sadaab water
- Markab 3
- Sang kuliya
- Honey plus radish or turnip juice + blackseeds

Imam Ali Raza (A.S) said:

Urinating after intercourse reduces the risk of getting gallbladder and bladder stones.

Liver diseases:

Cysts between kidney and liver

Treatment:

-Tabasheer- + chicory + sadaab

Imam Ali Raza (A.S) said:

whoever doesn't want to get hepatitis he should not enter in the room right away by opening the door in summer. and in the winter not to come out of the room quickly.

(Risalatul zebihA page 40)

Prophet Mohammed (S.A.W) said:

When u feel thirsty don't drink water in one breath it causes liver pain (drink water in two to three breaths)

(Makaram alakhlaq page 157)

During the day drinking water when standing makes the food more digest able; but drinking water during the night when standing causes al-safra (yellowness, acidity)

(Alkafi vol 6 page 323)

Imam Jaffar Sadiq (A.S) said:

if someone wishes to not get stomach diseases
then he should not drink water while eating,
because it makes the body cold and the vessel
which absorbs the food are get filled with water
and stomach gets ill.

(Mustarak al wasael, vol17 pg 7)

Imam Jaffar Sadiq (A.S) said:

Prophet Muhammad (S.A.W) breaks his fasting with halwa and if halwa wasn't available then he broke his fast with any other sweet or dates. And if dates are not available then he uses warm water to break his fast. prophet Muhamad (S.A.W) has said drinking warm water cleans the stomach and the liver, It also gets rid of headache.

(Rozatul wazeen pae 341)

***A person came to imam Jaffar Sadiq (A.S) and complained liver disease. He the imam recommended him to get Fasad done.

(makaram al akhalaq page 76)

Note:

(Fasad is done for faster way to purify the blood. In this method they make a cut on the vein passing through right hand elbow which carries the dirty blood. And by applying the tourniquet and making small cut on the vein.)

Imam Ali Raza (A.S) has said:

Syrup zabib is beneficial for all types of liver diseases.

(bahar ul anwar vol 59 p 315)

Markab 1 is beneficial for all liver issues.

(Tib ul aimma pg 75)

Hazart Hezekil (a.s) gets problem in liver, he complained about it to Allah, then Allah sends the message that take the milk of fig tree and apply it on body, liver and chest. hazrat hezekil (a.s) does the same and get cured. (fig milk comes from fig tree)

(Almahsan vol 2 pg 553)

Meat of pterocles is beneficial for hepatitis.

(Alkafi vol 6 pg 312)

Imam Baqir (A.S) said:

In case if someone has hepatitis or glaucoma writing surah bayana and wearing it as tweeze is very beneficial.

(mastark al wasial vol4 page 315)

One person said to imam Musa Kazim a.s that I have disease in my spleen, imam replied eat tara (garlic leaves) daily.

(Al kafi vol 6 page 315)

One-person complained imam Jaffar Sadiq a.s about his problem with spleen, imam replied take Tara (garlic leaves) and cook it in cow's ghee and eat for three days.

(Makaram alakhalq page 383)

Imam Jaffar Sadiq (A.S) said:

Whoever does not wash the meat properly and eats it, a yellow fluid will be produced in his abdomen which causes bad breath.

(Al Makhsan part 2 page 334)

Imam Jaffar Sadiq (a.s) said:

Avoid drinking water at night while standing and right after taking bath. by doing so a yellow fluid will be produced in his abdomen.

(Mastarak al wasial vol 1 pg 437)

One person came to imam Ali Raza a.s and complained about the yellow-colored water is stored in his stomach. imam suggested him to write Ayat ul kursi with saffron 2 times on his stomach then wash and drink that water. he did the same and get cured.

(tib al aima)

imam Jaffar Sadiq a.s said:

drinking water at night while standing cause the accumulation of fluid in the peritoneal cavity.

(Asool e kafi vol 6 pg 383)

Treatment for all types of the liver diseases:

- Daru e ibne basatam(marakba1)
- Daru e saaf konadakhoon
- Jame raza

For hepatitis:

- Marakab 4
- Marakab1

Diabetes:

Diabetes is a disease in which the body's ability to produce or respond to the hormone insulin is impaired, resulting in abnormal metabolism of carbohydrates and elevated levels of glucose in the blood.

Glucose is vital to your health because it's an important source of energy for the cells that make up your muscles and tissues. It's also your brain's main source of fuel. Glucose comes from the food we eat.

Insulin is a hormone made in your pancreas; a gland located behind your stomach. It allows your body to use glucose for energy.

Symptoms of diabetes:

- Excessive thirst
- Men weakness
- Frequent urination specially at night
- Itchy body
- Late wound healing then normal

A healthy person has sugar level on empty stomach is: 70 to 100 mg/dl

And after eating glucose level in healthy person is :70-140 mg/dl

In prediabetic patients the level of sugar before eating is: 101-125mg/dl

And after eating the level of sugar is 141-200 mg/dl

Treatment:

- Markab 4
- Daur e adas al mulk
- Jame raza with barely water

Beneficial Foods for diabetes:

- Boil the stem of the eggplants and drink its soup
- Soup of the battle guard
- Eat chicory
- Kulfa vegetable
- Eat barely bread
- Eat more of wheat husk

Precautions:

- Avoid Rice
- avoid potato
- Bakery stuff made with a lot of sugar
- White flour
- Eating lunch

Excessive thirst:

It is normal to feel thirsty after heavy work or in summer. And body can get rid of this water by sweating. And body becomes dehydrate fast and one has desire for water intake. But when it is winter and cold and you sitting at home and you feel thirst this is not normal. It might have a reason. one reason could be the high level of sugar in the blood. Autoimmune diseases. Hormonal imbalance. And dehydration.

Treatment:

- Markab 1
- Sweeq adas
- Daur e triefl
- Dates + water in the breakfast

Hepatitis:

Hepatitis is inflammation of the liver tissue. The liver is a vital organ that processes nutrients, filters the blood, and fights infections. When the liver is inflamed or damaged, its function can be affected.

The liver produces bile, a substance needed to digest and absorb fats. Bile aids in digestion by helping the body absorb fat and certain vitamins. In addition, the liver converts the food we eat into nutrients the body can use. It removes toxins from the body's blood. Hepatitis usually results from a viral infection.

Hepatitis A is a highly contagious liver infection caused by the hepatitis A virus. The virus is one of several types of hepatitis viruses that cause inflammation and affect your liver's ability to function. You're most likely to get

hepatitis A from contaminated food or water or from close contact with a person or object that's infected.

There are several types of hepatitis. hepatitis A, B, C, D, E, G. hepatitis virus can cause liver damage and that leads to many other diseases.

Symptoms:

- Dark color of the urine
- Abnormal color of the bowel movements
- Stomach pain
- Poor appetite
- Losing weight without any reason
- Yellowing of the eyes or skin

Treatment of all types of hepatitis:

- Markab 1 (ibne bastam)
- Markab 4
- Saafkondakhoon
- Chicory

Precautions:

- Avoid eating fry food
- Avoid fast food
- Cold water
- drinking water in between eating meals

Hepatic cirrhosis and liver cirrhosis:

Liver is the main organ of the body. And liver cirrhosis effects the liver. Cirrhosis slows the normal flow of the blood through the liver, thus increasing pressure in the vein that brings blood to the liver from intestines and spleen. A decrease in live function caused by scarring o the liver called cirrhosis. If it is not treated at time it will damage the liver completely.

Because of the cirrhosis can cause fluid to accumulate in the abdomen that may develop ascites.

Symptoms:

- Bilirubin in the blood causes the yellowness of the skin
- Fatigue
- Weakness
- Poor appetite
- Itchy skin
- Swelling of the abdomen due to fluid in the abdomen.

Treatment:

- Daru e triafel
- Marakb1
- Chicory medicine
- Daur e safkonadkhoon
- Shifia with warm water
- Qurs e khoon
- Senna leaves

Liver cyst:

Liver cyst is abnormal sacs filled with fluid in the liver. The cyst causes sudden and severe pain in right upper quadrant and shoulder pain.

Symptoms:

- Swelling of the abdomen
- Abdominal fullness and discomfort
- Pain in the upper right quadrant
- Inflammation
- Nausea and vomiting
- Pain the shoulder

Treatment:

- Tabashir+henna+chicory
- Marakab 1

Fatty liver:

Fatty liver disease is a common condition caused by the storage of extra fat in the liver. There are two types of fatty liver diseases. One nonalcoholic (NAFLD) and other is alcoholic fatty liver disease.

Symptoms:

- Poor appetite
- Pain in the upper right side
- Weakness
- Fatigue
- Nose bleeding
- Itchy skin
- Yellowness of eyes and skin
- Enlarged blood vessels just beneath the skin's surface.

Causes:

- Drinking too much water
- Drinking water in between meals
- Eating more fatty foods
- Drinking water while standing at night

Treatment:

- Senna leaves +rose
- Daru e charbikhoon
- Markab 1

Inflammation of the liver:

Liver diseases like viral infections hepatitis, fatty liver, cirrhosis of the liver, tumor of liver, and liver cancer can cause inflammation of the liver.

Treatment:

- Markab 1
- Chicory
- Senna makki
- Fig juice
- Apply fig milk on the chest

Hepatic cancer, liver cancer:

Liver cancer is cancer that begins in the cells of your liver. When liver cancer metastasizes, it most commonly spreads to the surrounding tissues and organs of the body.

Symptoms:

- Poor appetite
- Weight loss
- Pain the right side
- Nausea vomiting
- Weakness and fatigue
- Swelling of the abdomen
- Yellowness of eye and skin

Treatment:

Markab 1

-Shaifia with warm water

-Qurs e khoon

-Daru e saafa

-Qurse sabz

-Dua verm

-Apply fig milk on the belly

Spleen tumor:

Enlarged spleen(splenomegaly)

In this case the spleen gets larger than its normal size.it becomes double in its size.

Enlarged spleen is a feeling of pain or discomfort in the upper left side of abdomen.

Symptoms:

- Weakness
- Weight loss
- Fatigue
- Fever
- Night sweating
- Higher lymphocytes level in blood

Treatment:

- Daru e tahal(agheer turkey)
- Daru e safaa
- Senna maki
- Qurse sabz
- Jame with vinegar
- Darue hazart Mohammed s.a.w
- Daru e traifel

Spleen removed:

Whoever gets the spleen removed always gets sick easily. The spleen has some important functions. It fights invading germs in the blood. the spleen contains infection fighting white blood cells. It filters the blood and removes any old or damaged red blood cells. it plays an important role in the immune system. In lymphatic system its function to filter blood. Sulaqa black bile stored here.

Treatment:

- Daru e saafkonadakhoon
- Daru e saudaber
- Daru e thahal(agheer turkey)
- Jame raza wit vinegar
- Eat chives (garlic leaves)

Enlarged spleen:

Symptoms:

- Anemia
- Weakness
- Frequent infections
- Bleeding easily (lower numbers of platelets)
- Urine color change
- Blood in the urine

Treatment:

- Daru e tahal (agheer turkey)

All the medicines, treatments and free books are available on our website and App. Download App
Ahlebaitstore.com

All the Medicines and products of tibe ahlebait are available online all across the Pakistan.

Ahlebaitstore.com
For order contact us on
03129009247
03445013241
Tibeahlebait.as@gmail.com

Written by: Syed Mustafa Kazmi
Translations by Narjis Maqsood (USA)

